

Delaware Bicycle Council News

Volume 7, Issue 1 - April 2003

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A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation

Message from the Governor...

Bicycling is a sport, a means of transportation, and a family activity enjoyed by so many Delawareans. The health benefits of cycling are not limited to the cyclist, we all benefit from the reduced air emissions from vehicles when someone chooses to cycle to work or go for a bike ride rather than drive to a gym.

Creating more bikeways and encouraging and enabling safe cycling is one of my favorite aspects of Livable Delaware. We have recently implemented the Safe Routes to Schools program with the goal of increasing the number of children and teens who can choose to bike to school.

Have you noticed that whenever DelDOT repaves a road, a bike path show up alongside? I want people to truly have the choice - to take a car or a bike. And we're getting there, road by road.

The job of the Bicycle Council is to help inform us of ways to improve biking in Delaware. Your input is so important, please take the time to give us your thoughts...and get out there and ride!

Gov. Ruth Ann Minner



Join us on May 14 for the 14th annual Legislators Bike To Work Ride. This 54-mile (one way) ride began in May 1990, with State Rep. Roger Roy leading bicycling enthusiasts from the Delcastle Recreation Area to the steps of the State Capitol in Dover to attend the signing of the bill creating the Delaware Bicycle Council. Since then it has become an annual event to promote bicycling during national bicycling month.

There are rendezvous points along the way for those who prefer a shorter ride (for example 30 miles from Middletown or 14 miles from Clayton). See the Bicycle Council web site for approximate leaving times from the intermediate points.

Legislators "Bike to Work Ride"

In recent years Rep. Roy and State Sen. Dave Sokola have led bicyclists from Delcastle to Dover. They were joined by as many as 60 other cyclists along the route, including DelDOT Secretary Nathan Hayward, and officials from DNREC, New Castle County, the Delaware Bicycle Council, the Council on Greenways and Trails, and the various police bicycle patrols. Some of the more serious bicyclists bike back to Delcastle in the afternoon for a total of over 100 miles.

This year the route will include the new section of Route 1, which will open to the public on May 19th. Also, again this year, we will provide return transportation from Dover for riders and their bikes for those who only want to bike one way. And "sag" service will be provided on the route (to Dover only) for those experiencing mechanical problems.

Inside this Issue

Celebrate National Bike Month	Page 2
Last Chance Ride on Route 1	Page 2
Bike Month Events Calendar	Page 3
Why Should Police Enforce Bicycle Laws?	Page 4
Delaware Plans to Promote Healthier Future Through Physical Activity	Page 5
Come Celebrate National Trails Day	Page 5
Delaware Schools Adopt New Curricular Framework That Promotes Bicycle Safety	Page 6
The Sussex County Bicycle Safety Task Force	Page 6
Creating Active and Healthy Communities	Page 7
Delaware's Bicycle Helmet Bank	Page 7

Celebrate National Bike Month

By Paul Stevenson

Join other cyclists in participating in the Bike Month activities that have been planned for Delaware. This May will be the 47th Annual National Bike Month which is held to recognize that bicycling is one of the most popular recreational activities in the U.S.

The Delaware Bicycle Council, along with DelDOT, Dept. of Natural Resources and Environmental Control, Wilmington Area Planning Council, and the Transportation Management Association, have sponsored several cycling related events. In addition, the White Clay Bicycle Club and the Delaware Riders and Striders will be hosting several club rides, in Kent and New Castle

Counties, for anyone to ride. The traditional Legislator's Bike to Work ride will be held on Wednesday, May 14th (see article in this newsletter). As a special bonus, the ride course will take you over the unopened section of Route 1 between Odessa and Smyrna.

On Saturday May 17th, DelDOT will be sponsoring the Route 1 ride over the same unopened section (see article in this newsletter). This will be the last time for cyclists to ride Route 1 as it will be opened to traffic the following week.

New this year, the Delaware Coalition to Promote Physical Activity is sponsoring a Hike and Bike event across the State on Saturday, May 10th.

Participants will gather at Governor Bacon Center in Delaware City and be bused to the Maryland State Line for a hike or bike across the State in

the trails at the C&D Canal. For details on the event check the Delaware fitness website at <http://www.getupanddosomething.org> or call 302-831-4242.

For other bicycling related events, check the Bike Month calendar of events in this newsletter and attend some of the many cycling related activities planned throughout the State this year.

For more Bike Month details check the Bicycle Council's website, www.deldot.net/static/bike/ or contact the State Bike/Pedestrian Coordinator at 302-760-2453(BIKE).

Last Chance Ride on Route 1

DelDOT Secretary Nathan Hayward has arranged for the new section of Route 1 to be open for bicyclists and pedestrians the weekend before it opens for regular use by motor vehicles. So mark your calendars to take advantage of this opportunity on May 17 and 18. See the DelDOT or Bicycle Council web sites for details.

Preliminary plans call for a 8-mile loop to be open starting from the south end. Sunday the route will only be open in the morning to allow the contractor the rest of the day to prepare for Monday's opening for motor vehicles.

2003 Bicycling Event Calendar

<u>Date</u>	<u>Event / Contact Info</u>
May 7	Bicycle Rodeo 5:00-7:00 p.m. - Dover Park
May 10	Walk/Bike Across Delaware / www.getupanddosomething.org
May 14	Legislator's Ride to Work / www.deldot.net/static/bike
May 17	Route 1 Preview Ride / www.deldot.net/static/bike
June 21	Summerfest '03 Bike Tour / www.trisportsevents.com
July 6	WCBC Delaware Double Cross / www.whiteclaybicycleclub.org/xx.html
July 19-25	Cycle Across MD Tour / www.onelesscar.org/cam_info.htm
August 23	WCBC Shore Fire Century / www.whiteclaybicycleclub.org/shorefire.html
Sept. 6	Amish Country Tour, Dover / www.visitdover.com/tours/eventbike-tour.html
Sept. 27-28	WCBC Twin Centuries / www.whiteclaybicycleclub.org/twincen-turies.html
Oct. 4-5	MS150 Bike to the Bay / www.biketothebay.org
Oct mid	Monkey Hill Cyclo-cross Races / www.monkeyhillcs.com/races/monkeyhill
Oct. 24-26	WCBC Cape May Weekend / www.whiteclaybicycleclub.org/cape-maynew.htm

WCBC = White Clay Bicycle Club



Bike Month Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The majority of the rides listed on this calendar are sponsored by local bicycling clubs.</p> <p>WCBC is the White Clay Bicycling Club based in New Castle County -- for more ride details see www.whiteclaybicycleclub.org.</p> <p>DDSR is the Downstate Delaware Striders and Riders, a new club in Kent County for Cyclists and Runners/Walkers.</p>				<p>1 WCBC Work is for Suckers Ride 9am - 55 miles PJ</p>	<p>2</p>	<p>3 WCBC Crystal Beach Ride 9am - 50 miles MS WCBC Fortescue on the Bay Ride 8 am - 97 miles DK/DW</p>
<p>4 WCBC Bike to the Bay Training Ride 9am - 15 miles</p>	<p>5 WCBC Very Hilly Training Ride 5:15 pm - 22 to 28 miles AC</p>	<p>6 DDSR Wyoming Loop Ride 5:15 pm - 25 to 35 miles MKS WCBC Tuesday Night Rides 6pm - 20-35 miles two groups for various skill levels BHS/NS</p>	<p>7 Bike Rodeo@ Dover Park on White Oak Road in Dover JC WCBC Training Ride 5:15 pm - 25 to 30 miles AC WCBC Racer Training Ride 5:30 pm LJ/NW</p>	<p>8 WCBC Work is for Suckers Ride 9am - 55 miles PJ</p>	<p>9</p>	<p>10 Walk/Bike Across Delaware 14 miles FB WCBC Fit & Fun Ride 9am - 20 miles CL WCBC Foothills West of Denver 8 am - 100 miles MN</p>
<p>11 WCBC Ride Leader Training at Peoples Plaza 9am Ride followed by class discussion JJ WCBC Rolling Hills Ride 8:30 am - 40 to 50 miles FD</p>	<p>12 WCBC Very Hilly Training Ride 5:15 pm - 22 to 28 miles AC</p>	<p>13 DDSR Wyoming Loop Ride 5:15 pm - 25 to 35 miles MKS WCBC Tuesday Night Rides 6pm - 20-35 miles two groups for various skill levels BHS/NS</p>	<p>14 Legislators Bike to Dover Ride 7 am - 56 miles one way DC WCBC Training Ride 5:15 pm - 25 to 30 miles AC WCBC Racer Training Ride 5:30 pm LJ/NW</p>	<p>15 WCBC Work is for Suckers Ride 9am - 55 miles PJ</p>	<p>16 Bike to Work Day Ride your bike to work and encourage others to do the same.</p>	<p>17 Last Chance Route 1 Ride ride the new section of Route 1 between Odessa to Smyrna DC WCBC Hills Around Oley Valley Ride 9am - 66 miles ER</p>
Bike To Work Week						
<p>18 WCBC Bike to the Bay Training Ride 9am - 15 miles</p>	<p>19 WCBC Very Hilly Training Ride 5:15 pm - 22 to 28 miles AC</p>	<p>20 DDSR Wyoming Loop Ride 5:15 pm - 25 to 35 miles MKS WCBC Tuesday Night Rides 6pm - 20-35 miles two groups for various skill levels BHS/NS</p>	<p>21 WCBC Training Ride 5:15 pm - 25 to 30 miles AC WCBC Racer Training Ride 5:30 pm LJ/NW</p>	<p>22 WCBC Work is for Suckers Ride 9am - 55 miles PJ</p>	<p>23</p>	<p>24 WCBC Spring Fling to Chestertown 9am - 50 miles BHS WCBC South Mountain Century 8 am - 100 miles WH</p>
<p>25 WCBC Rolling Hills Ride 8:30am - 40 to 50 miles FD WCBC Ride to Mt. Gretna 9 am - 73 miles ER</p>	<p>26 WCBC Very Hilly Training Ride 5:15 pm - 22 to 28 miles AC</p>	<p>27 DDSR Wyoming Loop Ride 5:15 pm - 25 to 35 miles MKS WCBC Tuesday Night Rides 6pm - 20-35 miles two groups for various skill levels BHS/NS</p>	<p>28 WCBC Training Ride 5:15 pm - 25 to 30 miles AC WCBC Racer Training Ride 5:30 pm LJ/NW</p>	<p>29 WCBC Work is for Suckers Ride 9am - 55 miles PJ</p>	<p>30 WCBC Martinak State Park Weekend on the Eastern Shore May 30 to June 1 Contact Jo Johnson 302-478-6104 or jojohnson@erols.com</p>	<p>31 WCBC Cornwall Furnace Ride 7:30am - 110 miles WH WCBC Dark Side of the Hawk Ride 9 am - 75 miles ER Tour de Cure benefit ride 10, 25 or 50 miles 1-888-DIABETES www.diabetes.org/tour</p>

Ride Contacts - All #'s area code 302 unless otherwise noted.

BHS - Bob & Helen Spinden 834-4923 hnbispinden@hotmail.com; **CL** - Chris Law 266-6353 crklaw@aol.com; **DC** - Don Carbaugh 529-7929 dcarbaugh@comcast.net; **JC** - Joe Cantalupo 760-2121 jcantalupo@mail.dot.state.de.us; **DK** - Doug Kennedy 610-543-4664 DougKennedy7@yahoo.com **DW** - Debbie Wilson 798-1243 djw-bike@aol.com; **MS** - Mike Salter 239-0384 TrekBikerMike@aol.com; **MN** - Mario Nappa 239-1179 ibikealot@hotmail.com; **JJ** - Jo Johnson 478-6104 jojohn@erols.com; **FD** - Fran Dwyer 328-0708 Alarm9119@aol.com; **ER** - Eduardo Ruchelli 215-572-0753 edr@mail.med.upenn.edu; **WH** - Wally Hertler 610-388-7115 wallyhert@comcast.net; **AC** - Aaron Chen Aaron.Chen-1@USA.dupont.com; **NS** - Norm Shurak 610-558-2615 nshurak3@hotmail.com; **LJ** - Lauri Jenkins 981-8582; **NW** - Nancy Waddell 545-4146; **PJ** - Pieter Jongebreur 738-1299 Pieterj8@comcast.net; **FB** - Fred Breukelman fbreukelman@state.de.us; **MKS** - Mike & Kim Stockslager 242-6676 trekbiker2100@yahoo.com

Why Should Police Enforce Bicycle Laws?

Sgt. George A. Heberling, State Police Liaison, Delaware Bike Council

Police officers, like most employees, are frequently called upon to perform duties that are, shall we say, less than glamorous. Enforcement of safety-oriented laws isn't always popular. A cop risks such uninformed comments as "Why don't you go lock up the real criminals?" or "They're just kids trying to have fun!" Yet, most police recruit applicants, when questioned about their desire to join the challenging world of law enforcement, reply "To help people." What better way to help people than to help keep him or her alive; than to help instill safe habits that really can last a lifetime? Appropriately, enhancing the quality of life for all who live in or visit Delaware is actually part of each Trooper's official mission statement.

On average, two bicyclists die and more than 140 are injured on Delaware highways annually. The lucky ones receive minor scrapes and bruises. Those not so lucky receive fatal or life-threatening trauma. Some will never walk, let alone ride again. Sadly, children represent half of these numbers. For those of us in the law enforcement community, two factors (child involvement and child impressionability) can either represent an opportunity to save lives or a recipe for disaster.

Fortunately, children are impressionable - researchers believe peak learning occurs between age 4 and 10. Perhaps by teaching the importance of obeying the rules of the road early in their lives, we are helping to shape habits the child

will use when he or she gets behind the wheel someday. When a police officer looks the other way after witnessing a violation, it's not like "Joe Citizen" is looking the other way. No, when a police officer fails to take enforcement action, that officer is actually giving his or her unspoken approval for the illegal act. The officer is in effect saying, "That's not a real crime" or "I've got more important work to do". This unspoken approval goes for all violators, adult or child.

When discussing bicycle safety, the term "Enforcement Action" might sound a bit harsh and officious. Especially when the lawbreaker is a small child. However, levels of enforcement taken by police can range from a simple verbal warning; to a written warning with parental contact; to issuance of an actual traffic summons. Police officers are encouraged to exercise discretion here. Many jurisdictions even give positive reinforcement by handing out safety gear, departmental goodies, etc., for safe riders.

Of course if you ticket a bicycle rider, you risk being the brunt of jokes from your uninformed peers, court personnel, prosecutors and attorneys, etc. Historically, police receive little, if any, training or direction toward enforcing bicycle laws. Hopefully that will change as more and more adults take up cycling and as the Law Enforcement Community becomes ever more



proactive. I recently had an opportunity to help address a bit of this oversight. DBC President Don Carbaugh and I presented a one-hour class to our most recent Delaware State Police Academy Recruits. Through the use of videos and PowerPoint, we encouraged Delaware's newest law enforcement officers to strive to help make a difference in this area. We encouraged them not to overlook bicycle safety issues and to take action against the offender, be he or she motorist or bicyclist. They learned of our duty to teach people to share the road whether they're driving a car or riding a bicycle.

Of course, if you're reading this, I'm probably preaching to the choir. As a serious or semi-serious bicycle rider, you already understand why we must all obey the rules of the road. Hopefully, I've given you a bit of ammunition so you can help educate those who say "That's not real police work!"

Please Ride Safely.



Delaware Plans To Promote Healthier Future Through Physical Activity

By Fred Breukelman

Delaware, like the rest of the nation, is experiencing a new epidemic - obesity, and the health problems related to obesity.

Almost 60% of Delaware's adults are either overweight or obese. One of the reasons for this epidemic is lack of physical activity. Physical activity levels start to drop after middle school and keep dropping with age. Only about 21% of Delaware adults get "regular and vigorous" exercise, according to a study done by the Division of Public Health and the U.S. Centers for Disease Control.

Physical inactivity and obesity are major risk factors for diabetes, which is increasing in our state, and for other chronic diseases including heart disease and stroke. In fact, data from CDC indicate that inactivity and obesity combine as the second leading cause of premature death and illness in the United States.

There are a number of efforts in Delaware to promote healthier habits, including the two most popular forms of physical activity - walking and bicycling.

Members of the Delaware Bicycle Council participated in a strategic plan to promote physical activity. The final report, *Blueprint for a Healthier Delaware: Promoting Physical Activity and Healthy Nutrition*, was released last November and will help coordinate and guide these health promotion efforts in the First State. The plan can be downloaded or ordered from the Internet at www.henod.org.

Lt. Governor John C. Carney also initiated a challenge to Delawareans to become more active and eat healthier. You can earn points in the Lt. Governor's Challenge by bicycling, walking or engaging regularly in many other forms of moderate physical activity. To find out more about the Lt. Governor's Challenge, visit www.state.de.us/ltgov/.



Blueprint for a Healthier Delaware is cosponsored by the Delaware Coalition to Promote Physical Activity and Healthy Nutrition (which includes the Bicycle Council), the Lt. Governor's Challenge, the Governor's Council on Lifestyle and Fitness, Delaware Health and Social Services, and the Health Education Network of Delaware.

The coalition is sponsoring a Walk/Ride Across Delaware on May 10, during National Bicycle Month. The Walk/Ride will be along the C&D Canal, starting at the Delaware Border and ending at Delaware City. Details will be announced soon. For more information, go to www.getupanddosomething.org.

Come Celebrate National Trails Day at South Park Drive!

National Trails Day will be celebrated at South Park Drive in Wilmington State Parks on June 7, 2003 from 10am to 2pm with a good old fashioned street fair! Food, games, storytelling, clowns, music, art, nature walks, traveling zoo animals and more will entertain, educate, and delight your whole family! There will be something for everyone! Walk to the park or get a ride from one of several bus stops around the city. For more information contact Wilmington State Parks at 302-577-7020. The South Park Drive Street Fair and National Trail Day Celebration is being brought to you by the City of Wilmington, The Delaware Division of Parks and Recreation, Delaware Greenways, and the Delaware Center for Horticulture. Come join us for a healthy, nature-filled day of fun!

Delaware Schools Adopt New Curricular Framework that Promotes Bicycle Safety

By Janet Arns Ray

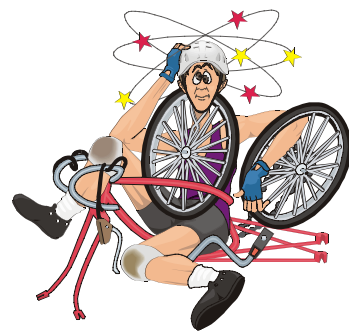
The Department of Education released new health education curriculum guidelines for public schools with a focus on injury prevention. The standards, adopted by the State Board of Education requires all schools to have a health education instructional program in place for students in grades kindergarten through twelve. The education programs promote the development of knowledge and skills aimed at keeping kids healthy throughout life.

Instruction on bicycle safety techniques begin in kindergarten in many schools and teachers are stressing the importance of using bicycle helmets and riding safely and with traffic patterns.

One curriculum used by Delaware teachers is *Risk Watch*, a comprehensive, sequential program of instruction that builds on prior knowledge about injury prevention. It is implemented in over 150 classes in Delaware through a partnership with local fireman, hospitals, and policeman. Young children are taught to "Ride when you can see others and they can see you." Says Ms. Phyllis Simon, Risk Watch Coordinator at Fairview Elementary School in Dover. Ms. Simon enjoys teaching bicycle safety as part of the curriculum because she says, "The program allows us flexibility and a wealth of materials and resources to help kids stay safe and learn to enjoy cycling for life. I encourage children to ride with their families, and have fun together".

Ms.
Tonya
Guinn,
Safe

and Drug Free Schools Coordinator in Dover reports, "We know many of our children are bicycle riders and we want them to learn how to ride safely." She added, "Integrating instruction on bicycle safety in the injury prevention units is one way children can be prepared for a healthy and productive life". Overall, teachers are excited about incorporating health education in their classes. They know that a healthy child is better prepared to achieve academically.



The Sussex County Bicycle Safety Task Force

By Roberta Geier, DelDOT

The Sussex County Bicycle Safety Task Force began as an initiative of Beebe Medical Center through Delaware's Trauma System Committee. The Trauma Program and Emergency Department staff of Beebe Medical Center noticed an increase in the number of significant bicycle crashes on the highways near their facility last summer, and wanted to address associated safety issues to try to prevent a reoccurrence of these crashes in the future.

Representatives of Beebe Medical Center, DelDOT, Delaware State Police, Sussex County EMS, Delaware Office of Highway Safety, Delaware Bicycle Council, Delaware Division of Public Health's Rural Health Office and Office of EMS/Statewide Trauma System, Lewes Chamber of Commerce, and Sussex County SAFE KIDS Coalition/ University of Delaware

Cooperative Extension began meeting in November 2002 and have planned several projects to try to improve the safety of bicyclists in eastern Sussex County.

DelDOT funded development and printing of a bicycle safety brochure that will be distributed to Sussex County Chambers of Commerce, hospitals, hotels and rental agents (realtor offices). The brochure was also made available at the Rehoboth Beach/Dewey Beach Chamber of Commerce Job Fair held in early March at the Rehoboth Convention Center.

Other planned projects include completion and distribution of a bicycle safety video Public Service Announcement and purchase of giveaways for the State Police to use for children wearing bicycle helmets appropriately.

Creating Active and Healthy Communities

By Tim Plemmons, Executive Director of Delaware Greenways

Children used to walk or ride bicycles on an almost daily basis. They went to school, visited a friend, played in a park, or buy soda at the local convenience without mom or dad's "taxi" service.

I remember as a kid growing up in Asheville, North Carolina, the sense of freedom and independence my older brother Scott and I had exploring our own community environments. We were not forced to think twice about venturing out by bicycle or by foot. We visited our friends, constructed forts in the nearby woodland, observed and sometimes captured tadpoles in the creek bed, went to baseball practice without the need for a car. We stayed fit, due in part to the fact that there is no shortage of climbs in the mountains of Western Carolina. The freedom we enjoyed to explore taught us many life lessons...how to find our way, how to make decisions, and it gave us a deep appreciation for our community and the natural world.

Modern day patterns of growth and transportation systems have hurt the ability of children and others to travel by bicycle or by foot. Only thirty years ago 67% of kids walked or biked to school. Today, 85% of kids are either bused or driven to school by their parents. Active kids tend to become active adults. Physically active people are at lower risk for heart disease, high blood pressure, diabetes, obesity and some forms of cancer. Today, there are 63% more overweight kids than there were in 1980, according to the Centers for Disease Control and Prevention statistics. Diseases caused by obesity are the second leading cause of death in the United States, killing 300,000 people a year. Treatment of these diseases costs Americans more than \$370 billion per year.

Recognizing the serious health and social implications associated with the creation of sprawling, auto-oriented communities, the Centers for Disease Control and Prevention and many others are leading a national movement to

create Active Community Environments (ACE) and adopt Safe Routes to School Programs. Delaware has followed this lead, and is in the process of creating a Safe Routes program. Supporting the national and local movement are health advocates, bicycling and walking clubs, environmental organizations, parents, teachers, kids, elected officials, community designers, government agencies and officials.

Common goals of these initiatives are to increase walking and bicycling, cut down or slow traffic in neighborhoods, improve child pedestrian and bicycle safety, increase exercise, decrease pollution, provide a fun means to get to and from community places, and increase social interaction. For more information on these initiatives visit www.cdc.gov/nccdphp/dnpa or contact me at Delaware Greenways by calling 302-655-PARK or by emailing greenways@dca.net.

Delaware's Bicycle Helmet Bank

By Lisa Moore

The Office of Highway Safety's Community Traffic Safety Program Coordinators (CTSP's) run the Delaware Bicycle Helmet Bank. There is one CTSP in each county. Local groups and/or individuals can make recommendations for helmet distributions. For example, local nurses or law enforcement will identify a low-income group of children in the area.

The CTSP for that area will then go into that community and distribute information on general bicycle safety, as well as information about the laws

and bicycle helmets. After the information piece of the presentation, the helmets are distributed with information about how to properly wear the helmet.

Donations are accepted. In fact, no State or Federal money is used to purchase the helmets - all purchases are made directly from the donations collected. Currently, there is approximately \$2900 in the Helmet Bank.

Approximately 5000 helmets have been distributed since 1995.

If you are interested in making a donation or you know of a low-income community in need of bicycle helmets, please contact your local CTSP:

New Castle County
Cindy Genau 831-4973

Kent County
John Urban 730-4000

Sussex County
Mike Love 856-7303

A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation
 "Our Mission is to Promote and Enhance Bicycling in Delaware."
www.deldot.net/static/bike

Delaware Bicycle Council News
 P.O. Box 778
 Dover, DE 19903



Delaware Bicycle Council Membership and Staff Support

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